

A woman with dark hair, wearing a light blue long-sleeved shirt, is smiling and lifting a red dumbbell with her right arm. She is standing in front of a black chalkboard that has a simple line drawing of a person's head and shoulders on it. The background of the entire page is a large, stylized graphic with red, teal, and light blue geometric shapes.

EMPLOYEE SUPPORT PROGRAM OCT. 2017

Adding more activity to your day can boost your energy, reduce your risk of heart attacks and cancer, and improve your mood. Either at home or at work, there are simple steps you can take to add more activity throughout the day, like regular walk breaks, standing while taking phone calls, or exercising during commercials. Your Employee Support Program can help with ideas so you can have an energy boost.

ONLINE SEMINAR

Improve Your Health With Ergonomics and Frequent Movement

Sedentary behavior is the fourth leading risk factor of death for people all over the world. Learn to incorporate frequent desk exercises and movement into your day. Additionally, learn proper ergonomic tips to help ease job stress and reduce chronic injury.

Available on Demand Starting October 17th

Online seminars can be found on your home page, or you can search for them by title.

TOLL-FREE: 866-649-2392

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ENERGY BOOST

An active
approach
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Available anytime, any day, your Employee Support Program is a free, confidential program to help you balance your work, family, and personal life. If you do not know your sign-on information, please call: (607) 763-6474.